Your Brain After Exercise Tracking Sheet

Date	Type of homework assignment or brain game	exercis	you e for at t 10 s before	On a scale of 1-5, how do you feel about how you performed on this assignment or brain game? 1=I did very poorly 2=I didn't do very well				
		start	ing?	3=I did okay				
		Yes	No	4=I did pretty well				
				5=I rocked it!				
				1	2	3	4	5
				1	2	3	4	5
				1	2	3	4	5
				1	2	3	7	3
				1	2	3	4	5
				1	2	3	4	5
				1	2	3	4	5
				1	2	3	4	5
				1	2	3	4	5